

PSYCHIATRY AND PSYCHOTHERAPY.

- (1) *A Text-book of Mental Diseases*. By Prof. Eugenio Tanzi. Authorised translation from the Italian by Dr. W. Ford Robertson and Dr. T. C. MacKenzie. Pp. xvi+803. (London: Rebman, Ltd., 1909.) Price 24s. net.
- (2) *Psychotherapy*. By Prof. Hugo Münsterberg. Pp. xi+401. (London: T. Fisher Unwin, 1909.) Price 8s. 6d. net.

THESE two books appeared towards the end of last year, the one being a thoroughly up-to-date work on psychology, normal and morbid, and the other dealing with the psychical treatment of disease, especially of mental disorder.

(1) Prof. Tanzi's book has already been published in Italy for nearly five years and from the first has been recognised as a standard work on mental diseases. It begins with a study of the seat of the psychical processes and considers seriatim the data of physiology and experimental anatomy, embryology, pathology and normal anatomy. Then follows a discourse on the causation of mental diseases, and there is a chapter on the morbid anatomy of the brain, microscopical and macroscopical, in respect of mental diseases. About 150 pages are devoted to psychology of a practical kind, under the headings of sensibility ("sensation" would have been a better translation), ideation, sentiment, movements and other external reactions. This last chapter is really a disquisition on the conduct of the insane and deals with anomalies of the will, of the instincts, of emotional expression and of speech and writing. The classification adopted is mainly that of Kraepelin, but the author does not follow that authority with any slavish rigidity.

It will seem curious to English physicians to find the study of mental diseases beginning with that of pellagra, but it will not be forgotten that this disease plays almost as large a rôle in some parts of Italy as general paralysis does in this country.

Many will object to the use of the term "amentia" in the sense of acute confusional insanity or acute hallucinatory insanity; but this is the sense in which the word has been used on the Continent ever since the days of Meynert, whereas in this country "amentia" means idiocy or imbecility. The term maniacal-depressive insanity does not appear; but melancholia, periodic melancholia, periodic mania, and circular insanity are discussed under the heading of "the affective psychoses."

Paranoia is more clearly defined and receives fuller consideration than we have seen in any other text-book. The author divides paranoiacs into those with abstract delusions (mattoids) and those with an ego-centric delusion (the querulants, the persecuted, the erotic and the ambitious). Under these various headings there are interesting references to the history of the Middle Ages and to the peculiarities of certain primitive races. There are also some very full accounts of individual cases of paranoia.

The chapter on constitutional immorality is well worth reading. Prof. Tanzi takes a broad view of the subject, and criticises the penal law on the one hand and the narrow views of some of his own

countrymen on the other. He rightly condemns stigmatising a person as a criminal merely because he possesses a certain number of the physical stigmata of degeneration, such as a Darwinian ear, plagiocephaly, hexadactylism, &c.

There is a full and excellent index. The book is well illustrated and got up, and there are 132 figures which materially assist the reader in understanding the text.

(2) Prof. Münsterberg divides his book into three parts, the first being on the "Psychological Basis of Psychotherapy," the second on the "Practical Work of Psychotherapy," and the third on the "'Place' of Psychotherapy."

Part i. seems rather unnecessary to anybody who has studied psychology before and, to the practical physician, part iii. will appear rather redundant, as it deals with the relation of psychotherapy to the church, &c. The essential section of the book is part ii., and this will be found exceedingly interesting. It treats of the conditions in which psychotherapy is likely to be of use, general and special methods, and of mental and bodily symptoms. The special methods discussed are suggestion, hypnotism, side-tracking and psycho-analysis.

The methods of psycho-analysis are beginning to be well understood in this country, although they have not yet reached the popularity they have in Austria, where the name of Freud, the propounder of its principles, has become a household word. Freud and his followers hold that by the psycho-analytic method they are able to discover in a patient some long-forgotten memory, and that in their discovery they bring to the surface a source of mental irritation, thus removing from the mind a foreign body in the same way as a surgeon picks a thorn from the finger. English physicians are disinclined to regard the method in this light; they consider that the proceeding is rather one of suggestion to the patient. The patient lies on a sofa whilst the operator sits at his head and reels off a series of words to which the patient is required to fit associated ideas; and the operator subsequently, from the study of the patient's associations, evolves some incident in his past history. This he relates to the patient, and hey, presto! recovery. The same result, however, may be quite well attained by taking a careful history of the patient's past life. Psycho-analysis is most suited for hysterical patients, but Münsterberg recommends it for cases of psychasthenia.

Side-tracking is a somewhat different principle which, however, may be used in conjunction with psycho-analysis. Patients suffering from psychasthenia are obsessed with some thought which they are unable to dispel. By psycho-analytic methods the physician searches for an origin of the obsession and then, by devices of various kinds (side-tracking), he diverts the patient's thoughts from the original incident into different channels. To take an example, a man found that he had developed a tendency to hesitate when walking in the street, and was unable to cure himself. Münsterberg was consulted, and found that on a certain occasion when the patient was running to catch a tram he suddenly saw almost immediately before him a big hole dug out for laying gas pipes. He was able

to stop himself quickly enough to avoid falling into the hole, but he had a strong emotional shock from the experience. Münsterberg persuaded him under slight hypnosis to think himself once more in the situation of his run for the car, but, as soon as he reached the hole, to jump over it. He went through this motor feature on ten successive days with increasing energy, and from that time the trouble disappeared.

Both books make a very useful addition to the libraries of people interested in the subjects with which they deal.

COMMERCIAL GEOGRAPHY.

Physical and Commercial Geography. By Profs. H. E. Gregory, A. G. Keller, and A. L. Bishop. Pp. viii + 469. (London: Ginn and Co., n.d.) Price 12s. 6d.

THE aim of this work is stated to be "to infuse orderliness and sequence into the chaotic data and statistics of trade," and this the authors regard as constituting "a new departure."

The question whether their work constitutes a new departure or not is, however, one of comparatively small importance. We may at least admit that the attempt to carry out this aim in their "own chosen way" is new, and we may add that that way is a good way, and, on the whole, admirably followed. We feel sure that no student or teacher of commercial geography could fail to profit greatly by the perusal of this work, and, above all, of its more general sections.

The work is divided into three parts, each of which, we are told, belongs essentially to one of the three authors, though they have a joint responsibility for the outline and general character of treatment. The first part is entitled "The Natural Environment," the second "The Relation of Man to Natural Conditions," and the third "The Geography of Trade." It is in the first two sections that the aim of the work as above indicated, the tracing of the influence in the moulding of trade of what "might be called the environmental (or geographical) factors," is kept most consistently in view, and with the most satisfactory results.

The third part of the work is the most disappointing. Here the geographical point of view is much less prominent. In it, the authors say, their treatment is "Topical, a short monograph upon each preeminent article of commerce occurring under the general politico-geographical section which leads in the production or use of the article in question."

But in some of the most important cases little or no attempt is made to show what, if any, geographical influences have been at work to help in creating that importance. Emphasis is laid on the remarkable lead which Great Britain takes in the cotton industry and in transmarine carriage; but the question whether geographical circumstances have had anything to do with this in either case is not even raised. There is very little comment on the seats of manufacturing industry in the United States. There is a reference to water-power in certain cases, and coal, iron, and limestone, as determining the localisation of the iron in-

dustries of Pittsburg and the Birmingham districts, but little else. The reason for this apparently is the attaching an exaggerated degree of importance to sources of power as localising manufacturing industries, and overlooking the importance of the relation to labour supply and the market. When the latter relations are kept in view it may be shown that the fact that so few important manufacturing towns in the United States are situated on the coalfields is as much due to geographical causes as the fact that in England and Germany so many are.

RESTORATIONS OF EXTINCT ANIMALS.

Extinct Monsters and Creatures of Other Days; a Popular Account of Some of the Larger Forms of Ancient Animal Life. By the Rev. H. N. Hutchinson. New and enlarged edition. Pp. xxxiii + 329. (London: Chapman and Hall, Ltd., 1910.) Price 10s. 6d. net.

SINCE the author of this volume was the first to recognise that the larger extinct animals of former ages presented a promising field for a popular work showing what these creatures probably looked like in life, he thoroughly deserved success in his attempt to fill a gap in literature, and we have therefore great pleasure in congratulating him on the appearance of a second edition. In the volume now before us, Mr. Hutchinson has combined his original two works in one, with some condensation of the old matter, and with the addition of a large quantity of new material, both in the shape of text and illustrations, in order to bring it abreast of modern palæontology. Since 1892 and 1894, the respective dates of publication of "Extinct Monsters" and "Creatures of Other Days," vertebrate palæontology has indeed made vast strides, as is especially noticeable in the case of the anomodont reptiles and the proboscideans, and the author appears to have discharged the difficult task of bringing the work up-to-date in a satisfactory and interesting manner. From first to last the volume is thoroughly readable, and it is to be hoped that it may aid in dissipating the ignorance still so prevalent with regard to the relative ages of the mammoth and the iguanodon.

In referring to the iguanodon as a smooth-skinned reptile, and then giving a plate of it clad in crocodile-like armour, the author appears to display inconsistency; and in the plate of *Ceratops* the individuals in the background are depicted with relatively larger fore-limbs than the one in front. Reference might also have been made to the evidence in favour of an elephant-like pose of the bones afforded by the figure of an undisturbed limb of *Diplodocus*; and recent researches indicate that the restoration of *Stegosaurus* with a double row of plates is incorrect. A few improvements might also be suggested in the text, as, for instance, on p. 169, where it is stated that the teeth of *Claosaurus* resemble those of *Hadrosaurus*, without any clue being given as to the nature of the latter. Misprints and typographical inaccuracies are singularly few, although we notice *Jakutsh* on plate xliii., and *Yakutsk* in the first note on p. 276. The book is thoroughly deserving of a large sale.

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